

WHAT IS CLAIMED IS:

1. A method for producing a high-protein coating composition for coating a food substrate comprising the steps of:
 - 5 providing a soy protein mixture having at least about 40 % by weight of a soy protein;
 - adding water to said soy protein mixture to produce a mass;
 - cooking said mass in an extruder at a temperature of between about 135°C and about 145°C;
 - converting said cooked mass into particles; and
 - 10 drying said particles to form the high-protein coating composition.
2. The method of claim 1 wherein the soy protein is a soy protein concentrate, a high solubility soy protein, or a mixture thereof.
- 15 3. The method of claim 1 wherein said soy protein mixture further includes rice flour, potato flour, wheat gluten, wheat starch, corn starch, or mixture thereof.
4. The method of claims 2, and 3 wherein the step of providing a soy protein mixture includes combining the soy protein with the rice flour, potato flour, wheat
20 gluten, wheat starch, corn starch, or mixture thereof.
5. The method of claim 1 wherein said step of adding water to said protein mixture includes adding water in an amount sufficient to the mass to have a moisture content of between about 25% and 35%.
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6. The method of claims 1, 2, and 3 wherein the high-protein coating composition comprises at least about 30% by weight of protein.
7. The method of claims 1, 2, and 3 wherein the high-protein coating
30 composition is resistant to the absorption of fat.
8. A coated food product comprising a food substrate and a coating composition produced by the method of claim 1, 2, 3 or 5.

9. The coated food product of claim 8, wherein said food substrate comprises meat, poultry, seafood, vegetable, cheese, or mixture thereof.
- 5 10. The coated food product of claim 8 wherein said coating composition absorbs less fat than coating composition consisting essentially of bread crumbs.
11. A method of preparing a coated food product comprising the steps of;
providing a food substrate;
10 coating the food substrate with the coating composition produced by the methods of claims 1, 2, 3, or 5 to produce a coated food substrate;
setting the coating on the coated food substrate to produce the coated food product.
- 15 12. The method of claim 11 wherein said step of setting the coating includes parfrying the coated food substrate.
13. The method of claim 11 wherein said step of setting the coating includes fully cooking the coated food substrate.
- 20 14. The method of claim 12 wherein parfrying the coated food substrate includes deep frying the coated food substrate.
15. The method of claim 12 wherein parfrying the coated food substrate includes
25 pan frying the coated food substrate.
16. The method of claim 11 wherein the coating composition absorbs less fat during the step of setting than coating composition consisting essentially of bread crumbs.
- 30 17. The method of claim 11 wherein the food substrate is meat, poultry, seafood, vegetable, cheese, or mixture thereof.